

# Career Transitions in Sport: International Perspectives

David Lavallee, Paul Wylleman



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## **Career Transitions in Sport: International Perspectives**

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**Career Transitions in Sport: International Perspectives** David Lavallee, Paul Wylleman This book was written for sport psychologists and other practitioners who are concerned with the well-being of athletes who are facing the difficult transition from a sports career and the regret anxiety and identity loss that can accompany retirement. This is a groundbreaking collaboration by international scholars providing an overview of empirical theoretical and applied perspectives on sports career transitions.

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